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The JACKSON
HEALTH RESORT
DANSVILLE, N. Y.

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COVERS



Class 2 —

Book 2 —

THE JACKSON HEALTH RESORT

THE BEST APPOINTED HEALTH INSTITUTION IN
AMERICA - MAIN BUILDING OF BRICK AND
IRON AND ABSOLUTELY FIREPROOF

WATERFALLS
WATERFALLS
WATERFALLS
WATERFALLS
WATERFALLS

FOODS
FOODS
FOODS

BEVERAGES
BEVERAGES
BEVERAGES



Buildings of yesterday and tomorrow stand side by side. The old, from history, and the new, from the building of the modern. The portal is looking with a smile upon the past, and the

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1900
1900

THE JACKSON HEALTH RESORT

DANSVILLE, NEW YORK



THE JACKSON HEALTH RESORT, for many years known as the Jackson Sanatorium, is located on the 1,000 acre "Wadsworth" estate, in the Catskill mountains, and is the only scientific treatment and convalescent center in the country, which is situated in the heart of the Adirondack and Catskill mountain region, and in the center of all parts of the Adirondack, the West Branch of the East, the Mohawk Valley, the Mohawk River, the Hudson River, the Adirondack Park, and the Catskill mountains. The resort is the first and only one of its kind, and is especially provided for those who desire to have a complete and profitable vacation or convalescence.

The Jackson Health Resort is a modern, up-to-date, scientific health institution, and is the only one of its kind in the country. The building is modern, and the grounds are well-kept, and the facilities are complete.

Entertainment provided during the period of convalescence at the resort is of the highest quality, and is provided for at the lowest of medical rates. The resort is a complete and comfortable place, and is the first and only one of its kind, and is especially provided for those who desire to have a complete and profitable vacation or convalescence.

Accommodation is offered in a variety of rooms, including single and twin, and with a view on the Hudson River, the Mohawk River, the Adirondack Park, and the Catskill mountains. The resort is situated in a country setting, and is surrounded by a variety of trees and shrubs.

At a distance of half a mile from the resort is a picture-perfect town of Dannville, with its 100 houses and 150 hundred families. Population 400.

The Jackson Health Resort is a complete and comfortable place, and is the first and only one of its kind in the country.



Natural Sanitary Location.



Mountain Spring Water



The Stately Main Building. The main building, a fine structure, of the Tudor style, is a large, two-story, square, with a gabled roof, and a central tower, containing a large clock, and a bell. The windows are large, and have stone mullions. The building is surrounded by a lawn, and a few trees, and is situated on a hill, with a view of the surrounding country.



and a general system of treatment. This is the secret of the success of the Sanatorium. The treatment is not a cure, but a system of treatment which is based upon the principle that the body is a machine, and that the best way to cure it is to let it alone, and to let it work out its own recovery.

The Medical Department.—The medical department of the Sanatorium is under the charge of Dr. William M. Miller, who is a graduate of the Boston University Medical School, and is a member of the Massachusetts Medical Society. Dr. Miller is a man of great tact and knowledge, and is a valuable addition to the medical staff.

The Treatment.—The treatment of the Sanatorium is based upon the principle that the body is a machine, and that the best way to cure it is to let it alone, and to let it work out its own recovery. The treatment is not a cure, but a system of treatment which is based upon the principle that the body is a machine, and that the best way to cure it is to let it alone, and to let it work out its own recovery.

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This Institution is not a water-cure, nor a rest-cure, rest-cure, air-cure, nor movement-cure, for the reason that not any one of these terms expresses its leading idea, which is

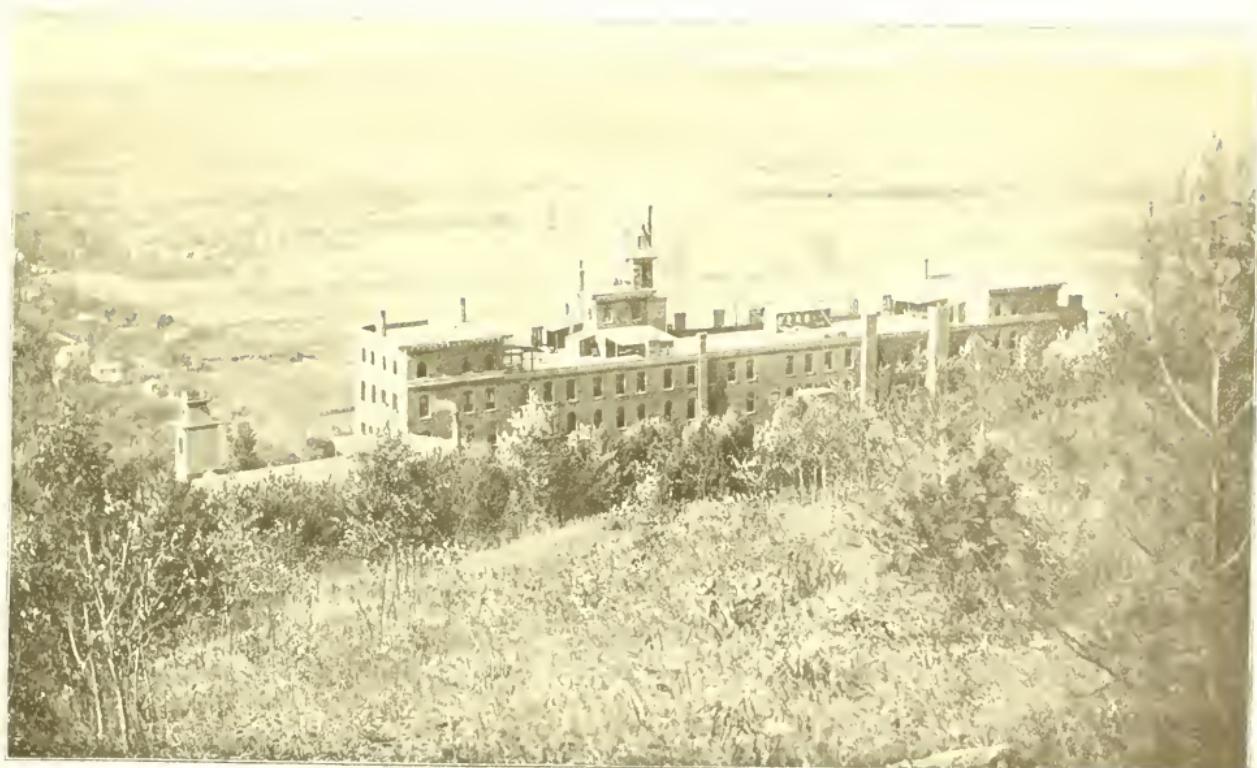
Health by Right Living.

Obedience to the laws of life and health is enjoined as the first requisite to recovery. This is an educative as well as curative process, and it comprehends the work to which the Sanatorium is pledged.

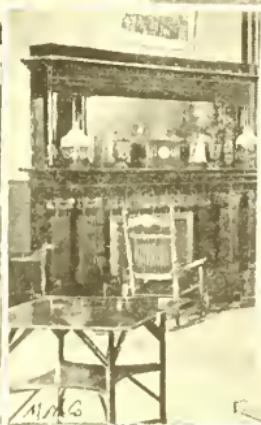


Remedial agents which medical science and experience have proved valuable—the resources of Nature, as sunlight, pure air and water, electricity and, equally if not more important, the mental and moral forces—are drawn upon and applied according to individual conditions and needs for the restoration and preservation of health.

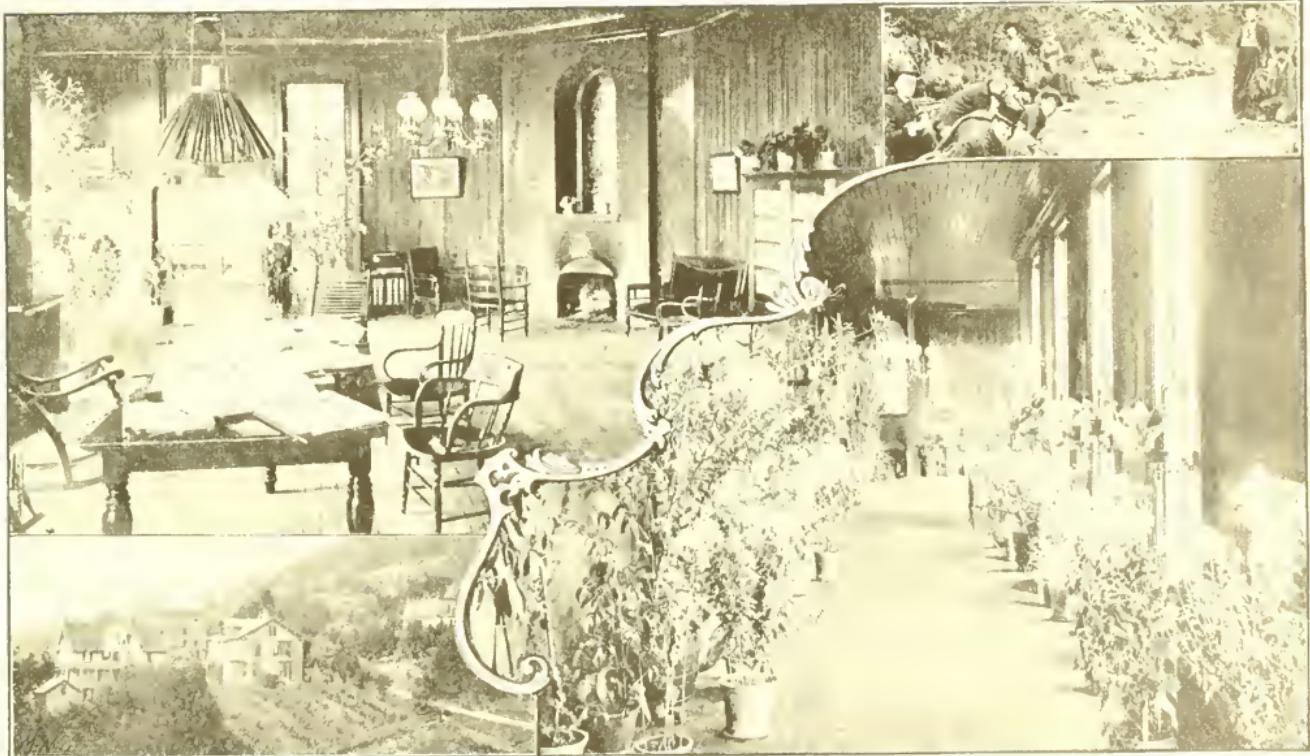
The Molière Thermo-Electric Bath.

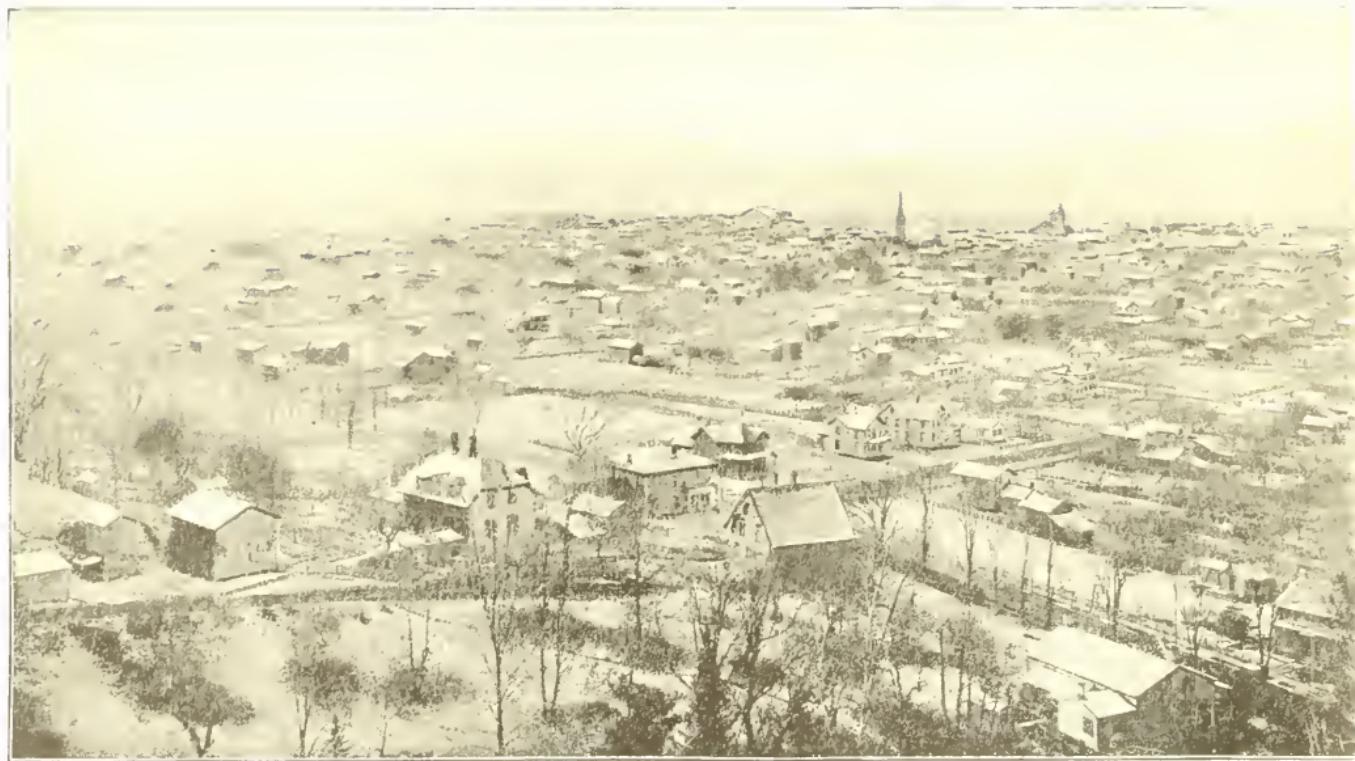






Swedish Movements. The apartment of the *House of the People* is surrounded by the various departments of the State, all of which are to be found in Stockholm. They are distributed in a large number of buildings, and are connected by a system of covered ways.







The sanitary department is making a great qualitative improvement, and the time is not far off when the whole country will be prepared for a movement to place the whole continent under a system which causes the whole continent to be as healthy as possible. Such is the present view of the whole country, which will be achieved when the whole country will be under the care of the whole country of physicians, and when the whole country will be under the care of the whole country of nurses.

Dress.—Although in most countries the dress is composed of pure, simple, and healthful clothing, it is not so in Ecuador. The Indian residents are dressed in simple, coarse, torn clothing, being made of a variety of coarse materials, and the whole country is in the process of the adoption of the more simple and more presentable clothing. It is to be advised that the more simple and the more presentable clothing is the more likely to be the more healthful and the more likely to be the more attractive to the more attractive people. It is to be advised that the more attractive and the more attractive clothing is the more likely to be the more attractive to the more attractive people. It is to be advised that the more attractive and the more attractive clothing is the more likely to be the more attractive to the more attractive people.

Personal habits and the whole country will be placed under the care of the whole country of physicians and nurses when the whole country will be under the care of the whole country of physicians, and when the whole country will be under the care of the whole country of nurses. Such is the present view of the whole country, which will be achieved when the whole country will be under the care of the whole country of physicians, and when the whole country will be under the care of the whole country of nurses.

Social and Religious Opportunities.

The influence of mental conditions upon the body, or the power of mind and spirit to rightly direct to aid in the welfare of the body, is recognized and made available. Every effort is made to respect,iform, inspire, and helpfully influence the members of the Ecuadorian family. Every effort is made to direct and apply upon the members of the country their spiritually.

Excepting the whole country, the whole country will be under the care of the whole country of physicians, and when the whole country will be under the care of the whole country of nurses. Such is the present view of the whole country, which will be achieved when the whole country will be under the care of the whole country of physicians, and when the whole country will be under the care of the whole country of nurses.



THE
W. W. NORTHUP CO., LTD.

London & Birmingham Ltd.



Outdoor Life. A ~~moderate~~ ^{moderate} walk in the sand hills, led by the guide, will be enough to give health in the spring, at all seasons in the water, in the cool places, or in the shade of the shade trees on the ocean side, swinging in hammock, lying in a soft saddle on the grass. These quiet periods of open air, areorative values not easily estimated. Those who need a balm help in getting out new in their life should not be forgotten.

A walk of ground and air, along the ground to the upper afternoon, and in the air both night and day, is surely the best way still, and simple, to lead life out of doors in health, probably without risk of catching or exposing to the sun, rheumatism, or other life afflictions.

On a plain not far from the Atlantic, the most popular, popular, part of the ocean building in pleasant places, where the shade trees, in winter do not deter the sun, are, in warmly wrapped and tucked into coats, from 100 to 120 miles away, during the entire cold season, often perfect, in beginning the sun-top, and continuing to the end, of treatment on, never, until the

sun drops below the horizon there. And here the cool air, and breath, to pass over the upper region, resting in the shade, and the sun, and sun, and sun, with long, uninterrupted periods of repose. Staying there, with a rug, yet to take in sun, leaves, nature, and the presence of a few friends, and the pleasure of a game. But a certain number of turns up and down, ten times, are to be, in making a good situation, to a deck of an ocean steamer.

A model golf course, connected with The Jackson Auditorium. Its grounds are located at the head of the Goshen Valley, where from all points, views are unsurpassed. Nature has done much in the way of streams, bunkers, and high fences, to make this a most desirable course.

quiet lawn tennis, and other outdoor games, also, when not riding, and driving are enjoyed in summer. At all seasons of the year, home games, frequent concert, descriptive exhibitions, amateur theatricals, and other entertainments, furnish indoor amusement. In the amusement room are shuffleboard, ping pong, pool, and billiard tables.



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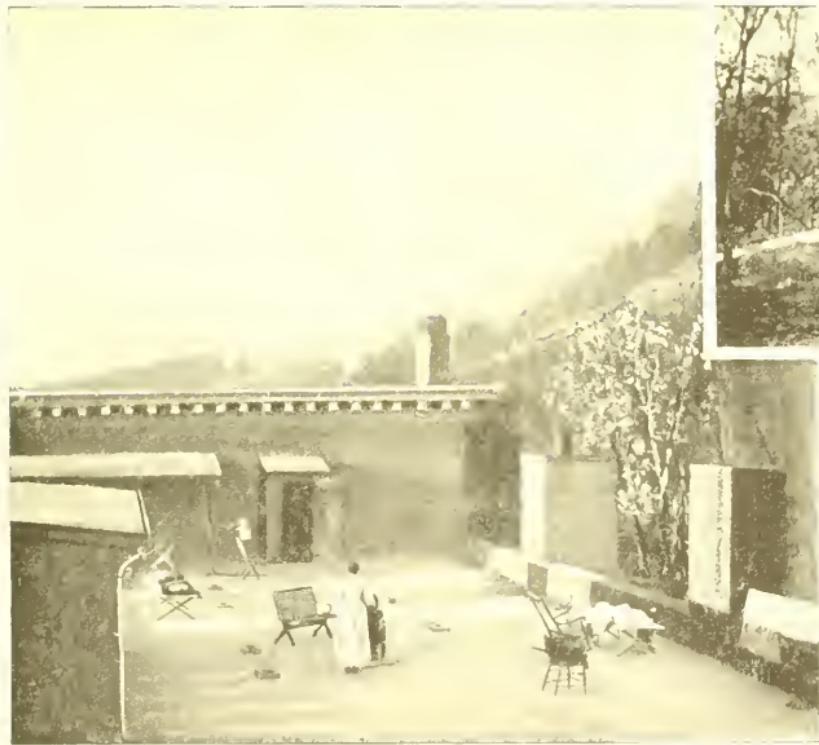


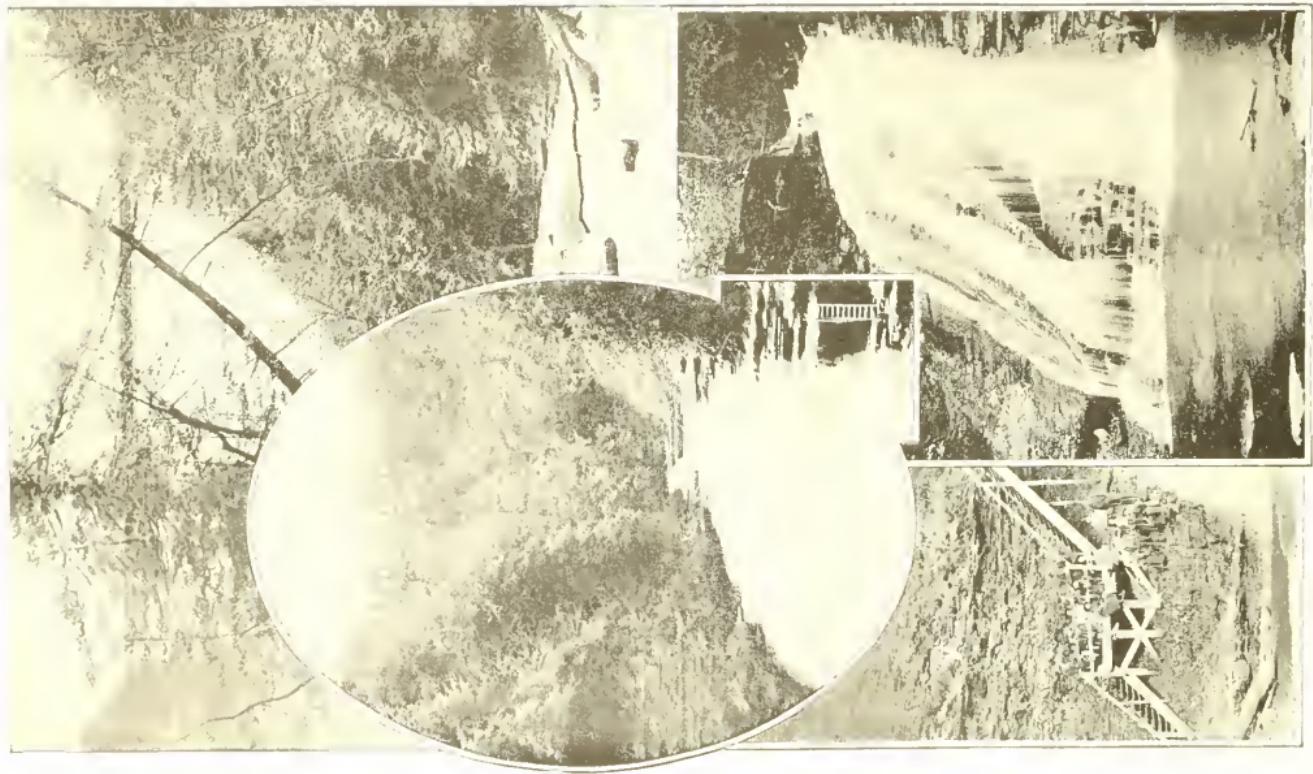
Expenses

Children

Medical Consultation.

Medical Consultation. The medical consultation is a formal interview of the patient to determine the treatment.







Special Departments.

Articles for Individual Use, 1000

References to Leading Physicians, also Testimonials from Former Patients and Guests, will be Given Whenever Requested.





ROUTES AND OTHER INFORMATION.

From New York City take the Delaware, Lackawanna & Western R. R., DIRECT TO DANSVILLE WITHOUT CHANGE OF CARS. This road is equipped with Pullman Vestibule Drawing-Room and Sleeping Cars.

From the Eastern States come either via New York City, or Via Albany and Delaware & Hudson Canal R. R., to Binghamton, thence by the Delaware, Lackawanna & Western R. R. to Dansville.

Or by the New York Central R. R. system to Buffalo, thence by Delaware, Lackawanna & Western R. R. to Dansville.

From the West via St. Louis, Chicago and Buffalo.

From the Southwest to Cincinnati and Buffalo.

From Canada via Grand Trunk or Canadian Pacific R. R. to Buffalo.

From Buffalo take only the Delaware, Lackawanna & Western R. R. to Dansville.

From the South via Pennsylvania R. R. system to Manunka Chunk or Elmira, thence only by Delaware, Lackawanna & Western R. R. to Dansville.

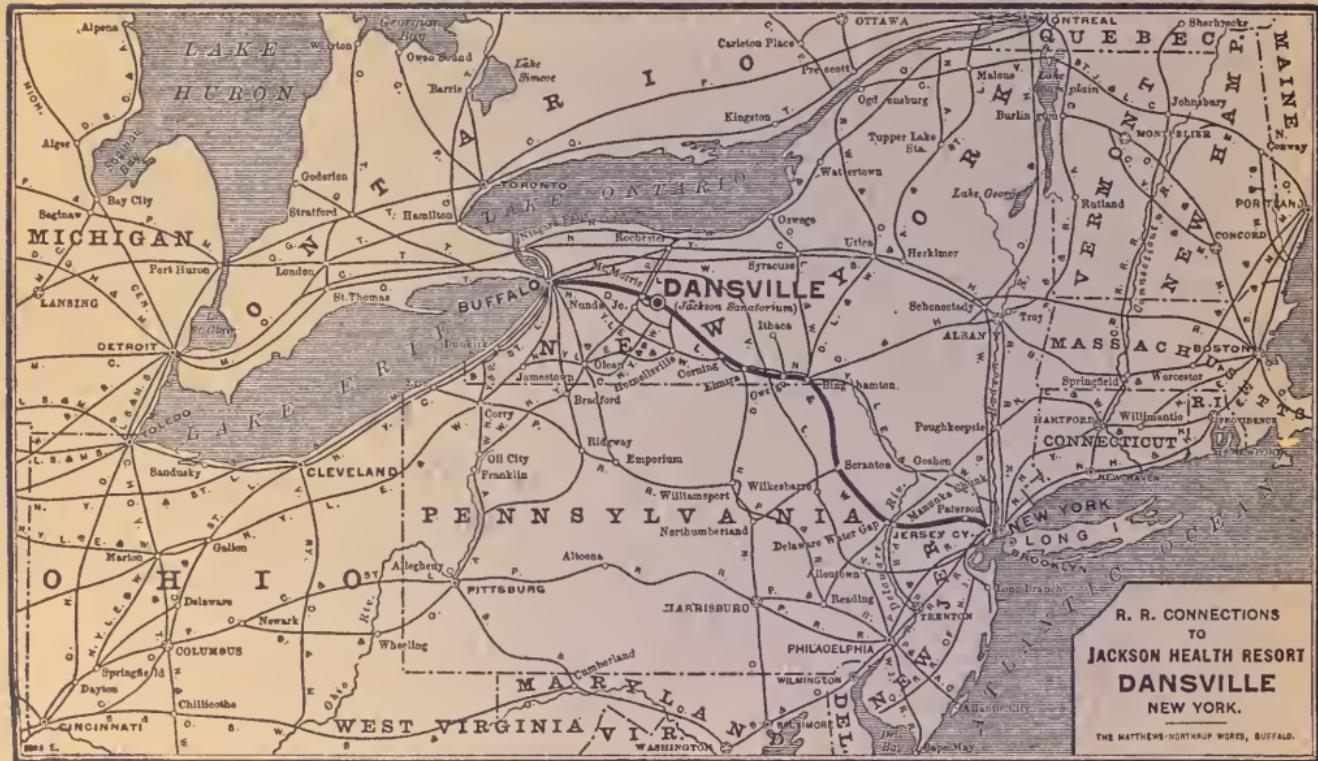
Excursion Tickets to Dansville via the Delaware, Lackawanna & Western R. R. may be purchased between June 1st and October 1st, good until November 1st.

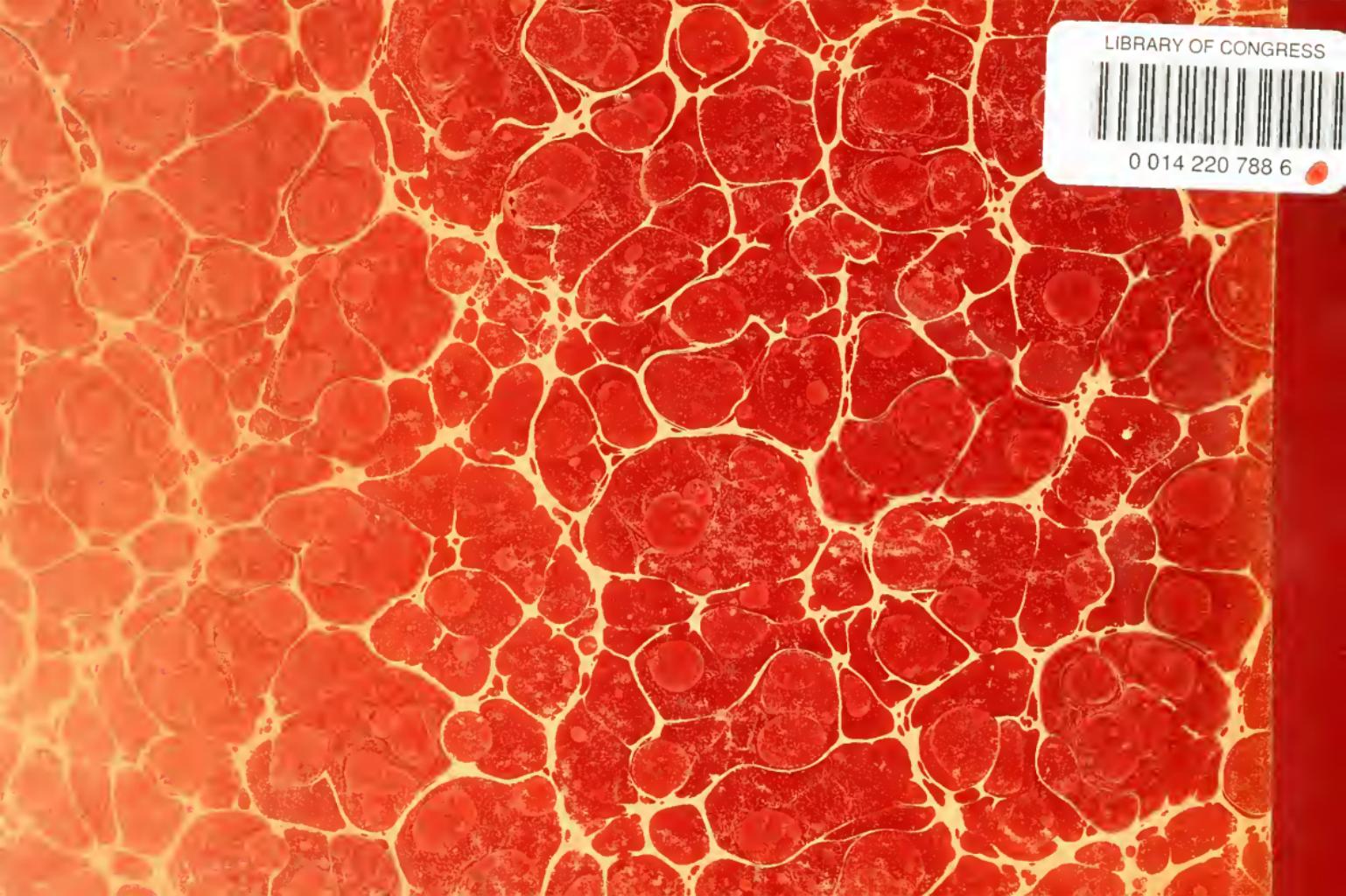
An Omnibus meets every train arriving between 7.00 A. M. and 8.00 P. M. Fare 25 cents. Parties arriving upon other trains should notify us in advance in order to be met.

The Culinary Department was organized by Mrs. Emma P. Ewing, Superintendent of the Chautauqua Cooking School, and one of the leading teachers of scientific cooking in the United States. Graduates from her school, who have also been associated with her in her work, have this department of the Sanatorium in immediate charge and bring to it the knowledge, skill, and refined taste essential in providing an attractive and satisfying table.

Excellent Livery Service, especially organized for the accommodation of the Sanatorium, is at the command of the guests.

Letters.—For circulars and other detailed information, address (enclosing stamps) J. Arthur Jackson, M. D., Secretary and Manager, Dansville, Livingston County, N. Y.



A high-magnification light micrograph showing a dense network of red blood cells (erythrocytes) within a capillary system. The cells are flattened, biconcave discs. They are densely packed, with some cells appearing to overlap. The surrounding tissue is a pale, yellowish-white color, likely representing the surrounding stroma or other cellular components of the tissue. The overall image has a reddish-orange hue.

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